

The Orange Meal

1 Sweet Potato

1 Slab of Salmon

Bit of oil on the aluminum foil or baking sheet

Put the oven to somewhere between 350-500 and throw in the sweet Potato (s) at the same time, on a baking sheet or piece of aluminum foil.

Check on them after an hour or so and possibly rotate them if they are leaking. So there will be minimal mess and keeps the juice inside.

When they're done (they will be squishy) pull the pan or aluminum foil out and drop them on a plate.

Put the Salmon on the same tray/foil and stick it back in the oven and adjust to broil. The Salmon should be done in about 10 minutes.

The Salmon is the only part you really have to remember is in the oven since it might burn and also possibly/likely need to be flipped.

When done throw it all on the same plate and VOILA!

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